

MAY

Mental Health Awareness Month! Free & public events in Southwestern CT

2017

<p>4 Fridays starting April 28, 9-12pm Mental Health First Aid for Greenwich Municipal Employees Greenwich Police Department</p> 	<p>Monday, May 1, 11:30am “Cómo manejar el estrés/How to Manage Stress” Norwalk Senior Center-South</p> <p>Monday, May 1, 7-9pm Screening of “No Letting Go” Stepping Stones Museum, Norwalk</p> 	<p>Monday, May 1, 6:30-8pm “Our Stories: Share Night” Ferguson Library, Stamford</p> <p>Wednesday, May 3, 6pm Caring Network Film Series: Recognizing Your Child’s Mental Health Needs Public Access, Channel 88</p>  	<p>Thursday, May 4, 1-3pm Mental Health Consumer Talent Show Greater Bridgeport Community Mental Health Center (3rd floor)</p> 	<p>May 4 & May 5, 8am-4pm “Mindfulness & Reality Acceptance for Personal & Professional Practice” Silver Hill Hospital, New Canaan \$455 (CEUs). To register, visit www.behavioraltech.org</p> 	<p>Friday, May 5, 6-11pm Cinco de Mayo Fundraiser for Keystone House Norwalk Inn. \$150. RSVP to Kcarter@keystonehouse.org</p> 	<p>Saturday, May 6, 10-11:30am Fairfield County Walks for Mental Health Town Green, East Ave at Park Street, Norwalk</p> <p>RSVP to info@swrmhb.org</p> 
<p>Saturday, May 6, 2-3pm Crafternoon New Canaan Library</p> <p>Saturday, May 6, 7-8:30pm HOPE Concert East Ridge Middle School, Ridgefield Register at www.namict.org/choral</p> 	<p>Monday, May 8, 7-9pm Film Screening: “Borderline” followed by panel discussion Town Hall, Greenwich</p>  	<p>Tuesday, May 9, 10am-1pm Mental Health Information Table Government Center, Stamford</p> 	<p>Tuesday, May 9, 7-9pm “Talking about Mental Health without Guilt or Shame” Book discussion & speaker event Westport</p> <p>Info & RSVP at dekholdt@mac.com</p>	<p>New! Tuesday, May 9, 11am Dealing with Anxiety: Support Group (open to community) & Tuesday, May 9, 12pm Dealing with Young Adults & Anxiety: Workshop for Clinicians Rsvp to lifesta@lifebridgect.org LifeBridge, Bridgeport</p>	<p>Wednesday, May 10, 1-4pm Hearing Voices: An Experiential Training Kennedy Center, Trumbull</p> <p>RSVP to Britt.Bisson@ct.gov or 203-551-7418</p>	<p>Wednesday, May 10, 6pm Caring Network Film Series: Young Adults and the College Years Public Access Channel 88</p> 
<p>Thursday, May 11, 10am-1pm Mental Health Information Table Government Center, Stamford</p>  <p>Thursday, May 11, 11am-2pm Field Day 509 East Putnam Ave, Greenwich</p> 	<p>Cancelled; will be rescheduled Come to the 5/1 or 5/16 Share Nights instead!</p> <p>“Our Stories: Share Night” Bridgeport Main Library, 925 Broad Street, Bridgeport</p> 	<p>Thursday, May 11, 7:30-9pm “Improving Mental Health: Four Secrets In Plain Sight” with Dr. Lloyd Sederer Town Hall, Greenwich</p> <p>NAMI BRIDGE HOUSE NEW DATE: Thursday, May 18, 4:30-7:30pm Bridge House Open House with guest speaker Daryl McGraw 880 Fairfield Ave, Bridgeport</p>  	<p>Date TBD – call to sign up Una conversación sobre la salud mental en la comunidad latina Stamford Para registrar: info@swrmhb.org</p> <p>Thursday, May 11 and Friday, May 12, 10am-2:30pm Youth Mental Health First Aid \$50 fee. Info & register: info@swrmhb.org Unitarian Church, Westport</p>	<p>Friday, May 12, 10am-12pm Expansion of CT’s Substance Use Access Line Norwalk City Hall</p>  	<p>Saturday, May 13, 9am-5pm Emotional CPR: An Introductory Workshop HSC Building, 1 Park Street, Norwalk \$25 recommended donation. Lunch provided. RSVP to veredbrandman@gmail.com</p>  	<p>Monday, May 15, 7-8:30pm Book Discussion: “Beautiful Boy: A Father’s Journey Through His Son’s Addiction” Christ Church, Greenwich RSVP to claudiadevita1123@gmail.com</p> 
<p>Tuesday, May 16 Performance by Second Step Players at FS Dubois Center 780 Summer Street, Stamford</p> <p>Tuesday, May 16, 6:30-8pm “Our Stories: Share Night” Barnes & Noble, Westport</p>  	<p>Wednesday, May 17, 9am-2pm Rain date: 5/18 3-on-3 Basketball & Picnic Short Beach Park, Stratford Sign up: (203) 551-7549</p> <p>Wednesday, May 17, 6pm Caring Network Film Series: Women in Recovery Public Access, Channel 88</p>	<p>Thursday, May 18, 11am-12pm Healthy Eating Keystone House, 147 Main St, Norwalk. Info: vmiddlestadt@keystonehouse.org</p> 	<p>Friday, May 19, 11am-2pm Volleyball Tournament Shady Beach, Norwalk</p> <p>Friday, May 19, 11am-1pm Celebrate Mental Health Recovery Lunch & Activities Laurel House, Stamford</p> 	<p>Friday, May 19, 5:30-8:30pm and Saturday, May 20, 9am-2pm Mental Health First Aid (Adult Module) Birdseye Municipal Complex, Stratford \$35. Info & register: (203) 385-4095</p> <p>Saturday, May 20, 10-2pm Family Day: Health & Safety Fair Yerwood Center, Stamford</p>	<p>Monday, May 22, 2pm Latino Outreach Services Presentation Optimus, Stamford</p> <p>Monday, May 22, 7pm Mental Health & Spirituality: Perspectives on Hoarding Perkin Auditorium at Norwalk Hospital</p> 	<p>Tuesday, May 23, 9-11am “Veterans Post 9/11 & Their Community”: A Community Conversation Bigelow Center, Fairfield RSVP: (203) 256-3166</p>
<p>Wednesday, May 24, 6pm Caring Network Film Series: Men and Depression Public Access Channel 88</p>  	<p>Wednesday, May 24, 6:30-7:30pm Treating Insomnia Edith Wheeler Memorial Library, Monroe</p> 	<p>Wednesday, May 24, 7-8:15pm “Having the Conversation”: Making informed decisions about mental health, physical health & end-of-life Norwalk Public Library</p>  	<p>Thursday, May 25, 10am-12pm “The Anonymous People” Screening Greater Bridgeport Community Mental Health Center (3rd floor)</p> 	<p>Thursday, May 25, 7-9pm “Ethical Decision Making for Caregivers & Families” with Michael Mackniak, Esq. Community Fund of Darien, 30 Old Kings Hwy, 1st floor, Darien RSVP to info@swrmhb.org</p> 	<p>Friday, May 26, 10:30-11:30am Mindfulness Workshop for Program Participants Laurel House, Stamford</p> 	<p>Wednesday, May 31, 1-4pm Hearing Voices: An Experiential Training The Kennedy Center, Trumbull</p> <p>RSVP to Britt.Bisson@ct.gov or (203) 551-7418</p> 



For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org